

# Cape Cod National Seashore

National Park Service  
U.S. Department of the Interior

## Ranger-Guided Activities May 1 through June 30, 2004

### SALT POND VISITOR CENTER

OPEN DAILY 9 TO 4:3 THROUGH MAY 28TH.

9 TO 5 FROM MAY 29TH.

OFF ROUTE 6, EASTHAM. 508 255 - 3421

During the major rehabilitation of the center (scheduled to be completed in June 2004) visitors to Salt Pond are being served from a small temporary visitor center and bookstore located in the parking area. Staff are on duty to assist with trip planning, and a variety of books, maps, puzzles, games and other interpretive items are available for sale. Portable restrooms are on site. Bus parking is limited. The bicycle trail and Nauset Marsh and Buttonbush Trails are open. Check at the temporary center for detours that may be in effect.

### PROVINCE LANDS VISITOR CENTER

OPEN DAILY THROUGH OCTOBER 31, OFF RACE POINT

ROAD, PROVINCETOWN. 508 487 - 1256

Just two miles from the tip of the Cape, this center features an observation deck with 360-degree views, a small exhibit area, showings of park orientation films on the hour (9-4), staff on duty to assist with trip planning, and sales of books, maps, puzzles, games and other interpretive items. Restrooms with flush toilets and sinks are available in the parking area. The Province Lands Bike Trail and

## Explore Your National Park

A series of Thursday programs led by veteran park rangers to interesting or off-the-beaten path places throughout Cape Cod National Seashore, your Cape Cod national park.

**HIKE: GRIFFIN ISLAND** - up to 3 hours, 3½ miles. May 6th, 9 A.M., Free. Enjoy a shady hike along the transition zone between Griffin "Island" and the Herring River flood plain. Learn about the natural and human history of this area. Meet at the Great Island parking area, Wellfleet.

**CANOE TRIP: HERRING RIVER RECONNOITER** - 3 hours. May 13th, 9 A.M., Fee program. Paddle the Herring River in search of the anadromous river herring as they return to Wellfleet's ponds to spawn. Bring drinking water, a snack and be prepared to get wet. **ALL EQUIPMENT AND INSTRUCTION PROVIDED. \$20 PER ADULT, \$12 PER PERSON 16 AND UNDER. TICKETS MAY BE PURCHASED UP TO 7 DAYS IN ADVANCE EITHER IN PERSON OR BY PHONE WITH A CREDIT CARD. CALL SALT POND AT 508 255 - 3421 FOR RESERVATIONS AND LOCATION DIRECTIONS.**

**HIKE: BOUND BROOK ISLAND** - 2½ hours, 1 mile. May 20th, 9 A.M., Free. Examine Cape Cod history through one of Wellfleet's first settlements. Learn about the people and the cultural and natural history of this once-thriving area. Meet at the Atwood-Higgins House parking area in Wellfleet. **Directions:** Take Route 6 north. Left onto Pamet Point Road, the last road before crossing the Truro town line. **By Reservation Only. CALL SALT POND AT 508 255 - 3421 FOR RESERVATIONS AND DIRECTIONS.**

**HIKE: GRIFFIN ISLAND** - up to 3 hours, 3½ miles. May 27th, 9 A.M., Free. See May 6th description.

**CANOE TRIP: LAND HO!** - 2 to 3 hours. June 3rd, 1 P.M. Fee Program. Explore Wellfleet Harbor and Duck Creek and examine the rich maritime history of Wellfleet from the perspective of mariners on the water. Meet at Wellfleet Town Pier, at the end of Commercial Street. **ALL EQUIPMENT PROVIDED, HOWEVER PARTICIPANTS MUST HELP LIFT CANOES. BASIC EXPERIENCE REQUIRED. ADULT \$20, CHILD \$12. TICKETS MAY BE PURCHASED UP TO 7 DAYS IN ADVANCE EITHER IN PERSON OR BY PHONE WITH A CREDIT CARD. CALL SALT POND AT 508 255 - 3421 FOR RESERVATIONS.**

**WORKSHOP: ANIMAL TRACKS AND SIGN** - up to 2 hours and 1½ miles. June 10th, 9 A.M., Free. Learn to identify tracks and sign as a way to understand wildlife interactions in the natural world. We will use some basic tools and skills to identify the variety of life on the inside of a barrier beach. Meet at the far end of the parking area at **Nauset Beach in Orleans**. Take Beach Road in Orleans, an extension of Main St., east to its end.



Funds for this publication provided by Eastern National, quality education products and service to America's national parks & public trusts.

# Explore Your National Park ...continued

**HIKE: GREAT ISLAND** - 3 hours, 4 miles. June 17th, 9 A.M., Free. Hike through the marshes, fields and glacial terrain of this former island and examine its rich natural and cultural history. Meet at the Great Island parking area, Wellfleet.

**WALK: HISTORIC CEDAR BANK LINKS** - 1 to 1½ hours, 1 mile. June 24th, 10 A.M., Free. Led by former caddy Don Sparrow, walk and learn about Cedar Bank Links, the golf course that once bordered Salt Pond, Nauset Bay and many vernal ponds. Meet at Salt Pond Visitor Center, Eastham.

## May 2004

Eastham Program Descriptions and Meeting Locations		Sun	Mon	Tues	Wed	Thur	Fri	Sat
<b>WALK: LIFE ON THE EDGE</b> 1 hour, 1 mile. Free.	Witness the effects and discuss the issues associated with an ever-changing shoreline. Explore the beach below the bluffs. Meet at Nauset Light Beach parking area. \$10 beach entrance fee may apply May 30.	11 am						
<b>TOUR: CAPTAIN EDWARD PENNIMAN HOUSE</b> 1 hour. Free.	Explore the interior of this historic home at Fort Hill. Learn about this whaling captain and his well-traveled family. <i>BY RESERVATION ONLY. CALL SALT POND AT 508 255-3421.</i>		11 am May 31 only					
<b>FAMILY PROGRAM: KNOT NOW!</b> 45 minutes. Free. 	Learn a few nautical knots. You'll never stop practicing once you learn the basics. Meet at Salt Pond Visitor Center. Space is limited. Please call Salt Pond at 508 255-3421 to register.	2 pm starting May 16						
<b>THREE SISTERS LIGHTHOUSES</b> OH = Open House, 1 to 4 pm. Free. T = Tour, 3 pm. 1 hour, ½ mile. Free. 	These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. <i>(Tour meets at northeast corner of Nauset Light Beach parking area.)</i> \$10 beach entrance fee may apply May 30.	OH, May 9 and 16 only T, May 30 only						

Wellfleet Program Descriptions and Meeting Locations		Sun	Mon	Tues	Wed	Thur	Fri	Sat
<b>WALK: COASTAL ECOLOGY</b> 1½ hours, 1½ miles. Free.	Examine the diverse habitats and natural processes of the Great Island land bridge known as "the gut". Discover how wildlife has adapted to this area. Meet at Great Island parking area.							2:30 pm

Provincetown Program Descriptions and Meeting Locations		Sun	Mon	Tues	Wed	Thur	Fri	Sat
<b>WALK: BEECH FOREST</b> 1½ hours, 1 mile in soft sand and hard-packed trail. Free.	Explore this gem in the Province Lands dunes. Ponds, hardwood forest, views and migrating songbirds make this walk a must in spring! Meet at the Beech Forest parking area off Race Point Road.	10 am May 9 through 30 only				10 am May 20 and 27 only		
<b>OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION</b> Free.	Visit this 1898 life-saving station to see lifesaving equipment and learn about shipwreck rescues in the early to mid 1900s. Park at Race Point Beach. \$10 beach entrance fee applies.	1:30 to 3:30 pm May 30 only						
<b>WALK: HATCHES HARBOR</b> 2 hours, 3 miles, easy. Free.	Hatches Harbor salt marsh was diked in the 1930s. Learn why, see the effects, and view how the marsh is responding to ongoing restoration efforts. Meet at the Hatches Harbor parking area on Province Lands Road.					1 pm May 20 and 27 only		

# June 2004

<i>Eastham Program Descriptions and Meeting Locations</i>		<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
<b>WALK: SEARCHING FOR BIRDS</b> up to 1½ hours (plus travel time), distance varies. Free.	Join a skilled birdwatcher at various sites in the park for bird identification and observations. Bring binoculars if you have them. Meet at the Salt Pond Visitor Center and plan to caravan to selected sites.				8 am through June 16 only			
<b>CANOE TRIP: NAUSET MARSH</b> 2 hours, 2 miles. Fee required.	Venture onto the water of Nauset Marsh and discover its abundance of life. <i>BASIC EXPERIENCE REQUIRED. ALL EQUIPMENT PROVIDED. ADULT \$20, CHILD \$12. TICKETS MAY BE PURCHASED UP TO 7 DAYS IN ADVANCE EITHER IN PERSON OR BY PHONE WITH A CREDIT CARD. CALL SALT POND AT 508 255 - 3421 FOR RESERVATIONS AND MEETING LOCATION.</i>			10:30 am through June 15 only				
<b>WALK: ARCHEOLOGY ON THE CAPE</b> 1½ hours, 1 mile. Free.	Learn about the process of archeology and about the various discoveries uncovered within Cape Cod National Seashore, including the Carns Archeological Site. Meet at Coast Guard Beach parking area.	10:30 am through June 20 only						
<b>WALK: EDGE OF THE MARSH</b> 1½ hours, 1½ miles. Free.	Examine the dynamic relationship that exists between Cape Cod maritime forests, salt marshes, dunes and the ocean's edge. Meet at Doane Picnic Area.						10:30 am through June 18 only	
<b>WALK: NATURE'S BOUNTY</b> 1½ hours, 1½ miles. Free.	Learn about the plant and animal resources used by Native Americans and early Europeans. Find out how people cared for them over time. Meet at Hemenway Town Landing (off Route 6, one road north of the blinking light at Fort Hill).							10:30 am through June 19 only
<b>CAPTAIN EDWARD PENNIMAN HOUSE</b> T = Tour, 1 hour. OH = Open House Free.	Explore the interior of this historic home at Fort Hill. Learn about this whaling captain and his well-traveled family. <i>OPEN HOUSE</i> , browse through. <i>TOUR</i> , BY RESERVATION ONLY. CALL SALT POND AT 508 255-3421.		T 11 am	OH 1 - 4 pm	OH 1 - 4 pm	OH 1 - 4 pm		T 11 am
<b>WALK: LORE OF NAUSET MARSH</b> 1½ hours, 1½ miles. Free.	Learn about the rich natural and human history around Nauset Marsh and how each has affected the other over time. Meet at Salt Pond Visitor Center.		2:30 pm through June 15 only				2:30 pm	
<b>WALK: LIFE ON THE EDGE</b> 1 hour, 1 mile. Free.	Witness the effects and discuss the issues associated with an ever-changing shoreline. Explore the beach below the bluff. Meet at Nauset Light Beach parking area. \$10 beach entrance fee may apply after June 24.				3 pm			
<b>TOUR: THREE SISTERS LIGHTHOUSES</b>  1 hour, ½ mile. Free.	These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at northeast corner of Nauset Light Beach parking area.	3 pm (at 5 pm on 6/20 and 6/27 only)		3 pm (at 5 pm on 6/22 and 6/29 only)				
<b>WALK: LAND OF THE NAUSETS</b> 1½ hours, 1½ miles. Free.	Walk through the heart of the traditional lands of the Nauset People. Learn about their way of life and how it changed after European contact. Meet at Hemenway Town Landing (off Route 6, one road north of the blinking light at Fort Hill).			2:30 pm through 6/22 only				

## June continued

<i>Wellfleet Program Descriptions and Meeting Locations</i>		<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
<b>TOUR: ATWOOD-HIGGINS HOUSE</b> 1 hour. Free.	Learn about early 18th-century Cape Cod architecture and about one of the early colonial settlement sites on the Outer Cape. <i>BY RESERVATION ONLY. CALL SALT POND AT 508 255-3421.</i> <i>Directions: Take Route 6 north. Left onto Pamet Point Road, the last road before the Truro town line.</i>				11 am			
<b>WALK: COASTAL ECOLOGY</b> 1½ hours, 1½ miles. Free.	Examine the diverse habitats and natural processes of the Great Island land bridge known as "the gut." Discover how wildlife has adapted to this area. Meet at Great Island parking area.							2:30 pm
<b>WALK: NATURE'S NURSERY</b> 1½ hours, 1½ miles. Free.	Examine plant communities, from heathlands to cedar swamps, while descending from cliff top to water table. Explore the factors that influence these changes in the landscape. Meet at the Marconi Station Site observation deck, off Route 6.					2:30 pm through 6/24 only		
<b>FAMILY PROGRAM: FORAGING AMONG THE FLATS</b> 1 hour, up to 1 mile. Free.	Through wading and dip netting, discover and explore life in the shallow water along the shore. Wear footwear that can get wet. Meet at Great Island parking area.	2:30 pm						
<i>Truro Program Descriptions and Meeting Locations</i>		<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
<b>TALK and TOUR: HIGHLAND LIGHT &amp; HIGHLAND HOUSE</b> 1½ hours, ½ mile. Free.	See why Cape waters are treacherous and learn of the area's dramatic life-saving history. Tour includes views of the Highland Cliffs, exterior of Highland Light and interior of Highland House (\$3 museum fee).	1 pm June 6 and 13 only			<i>Directions:</i> Take Route 6 to Cape Cod (Highland) Light exit in Truro. Meet at the Highland Light observation deck.			
<i>Provincetown Program Descriptions and Meeting Locations</i>		<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
<b>WALK: PROVINCE LANDS DUNES AND BOGS</b> 1½ hours, 1 mile in loose sand. Free.	Explore the dunes and wild cranberry bogs of the Province Lands. Meet at Province Lands Visitor Center.							10 am June 5 and 12 only
<b>WALK: HATCHES HARBOR</b> 2 hours, 3 miles, easy. Free.	Hatches Harbor salt marsh, was diked in the 1930s. Learn why, see the effects, and view how the marsh is responding to restoration efforts. Meet at the Hatches Harbor parking area on Province Lands Road.					1 pm June 3 and 10 only		
<b>WALK: BEECH FOREST</b> 1½ hours, 1 mile in soft sand and hard-packed trail. Free.	Explore this gem in the Province Lands dunes. Ponds, hardwood forest, views and migrating songbirds make this walk a must in spring! Meet at the Beech Forest parking area off Race Point Road.	10 am June 6 and 13 only				10 am June 3 and 10 only		
<b>OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION</b> Free.	Visit this 1898 life-saving station to see lifesaving equipment and learn about shipwreck rescues in the early to mid 1900s. Park at Race Point Beach. \$10 beach entrance fee applies on weekends.	1:30 to 3:30 pm June 6 and 13 only					1:30 to 3:30 pm June 4 and 11 only	1:30 to 3:30 pm June 5 and 12 only
<b>TRAINING SESSION: SKYWARN</b> <i>Thursday, June 17, 7 to 10 pm</i> Free.	Skywarn is a National Weather Service (NWS) program that trains volunteers to serve as weather spotters to provide specific "real world" information to the NWS during storm events. Attend this free training session to learn about thunderstorms, winter storms, and hurricanes. ID cards and reporting instructions will be provided at the completion of the course. Province Lands Visitor Center, Provincetown							<b>Special Program</b>